

Abstract—The purpose of this study was to determine the effect of a 10-week training program on the heart rate (HR) and energy expenditure (EE) of sedentary, middle-aged men. The subjects were 10 men, 40 to 50 years old, who were sedentary and had no cardiovascular disease. They were randomly assigned to a 10-week training program or a control group. The training program consisted of 30 minutes of aerobic exercise, 3 times a week, at a heart rate of 150 beats per minute. The control group did not exercise. The HR and EE were measured at rest and during exercise at the beginning and end of the 10-week period. The results showed that the training program had a significant effect on the HR and EE of the subjects. The HR at rest decreased significantly from 72 to 68 beats per minute, and the HR during exercise decreased significantly from 150 to 140 beats per minute. The EE at rest decreased significantly from 1,800 to 1,700 kcal per day, and the EE during exercise decreased significantly from 2,500 to 2,300 kcal per day. These results suggest that a 10-week training program can improve the cardiovascular fitness of sedentary, middle-aged men.

5 Then, the data terminal newly installed receives the
E-mail containing the connection check data addressed
to the terminal itself after the installation work has
completed and before starting management of the copying
machine. Upon receipt of this E-mail, connection check
10 of the newly installed data terminal is made.